

Reconnect. Reset. Recharge.

You, your business & your staff

We don't let our phone battery get too low, so why do we let our own battery, health, energy and vitality fall?

We are excited to be working with Tim Jack Adams from GreenX7. Tim uses an innovative and fun tool to measure our personal battery level and very quickly see where we need to focus to get our energy back. This snapshot empowers us to take specific action that leads to optimal wellbeing, performance and success!

So why is this important now?

To put it mildly, we've been through a lot, not just in the last 12 months, but over the last three years. So have your staff and ultimately, your business. We want you, your staff and your business to thrive in 2023 and this session may provide the insights and support to do just that, and more.

Presenter

Founder of GreenX7, Tim Jack Adams, has helped small and large organisations all over the world with his approach to wellbeing. We are thrilled to have Tim work with us and business leaders in the Northern Rivers this year to help them navigate the challenges of major disruption and get back on track.



Please Join Us!

Thursday, 9 March 2023
4.45pm sharp for
5pm - 6.45pm

Location

Unit 10, Goodman Plaza
Southern Cross University
Military Road
East Lismore NSW 2480

Register your
attendance at:
[Humanitix](#)
[Northern Rivers
Business Hub](#)



Key Takeaways

- ✓ Check in with your own battery - is it running low and at risk of going flat.
- ✓ Learn how the GreenX7 App can measure your wellbeing in 60 seconds.
- ✓ The opportunity to better understand solutions for your unique situation.



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